

Elk Point REVIEW

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Tuesday, November 12, 2013

Vol. 33 No. 46 • \$1 (GST incl.)

**Teachers,
SPERD**
Go back to bargaining
table

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Vicki Brooker photo

Practice makes perfect

Elk Point's brand new Bantam Avalanche team was hard at work on Thursday evening, getting in some serious practice for their upcoming games. The team is coached by former Elk Point Storm captain Megan Tucker, with the assistance of former Elk Point Thunder player Brian Poitras and hockey dads Rodney Graus and Dwayne Odgaard, and is managed by hockey mom Lori Poitras, with players coming from Elk Point, St. Paul, Kehewin, Saddle Lake and surrounding areas. This is Elk Point Minor Hockey's first bantam team in several years, and is sure to provide some great action for the fans.

Chamber deep in Extravaganza plans

Full schedule of family fun events coming together for November 29

By VICKI BROOKER
Review Staff

The upcoming Christmas Extravaganza played a major role at last Thursday's meeting of Elk Point Chamber of Commerce, with that gala kickoff to the festive season set for Friday, Nov. 29.

President Debra McQuinn is sending out letters to all local businesses, inviting them to take part in the Winter Wonderland Parade at 6 p.m. that evening. She is also submitting the necessary letters to the town and fire department to arrange for street closure and the traditional main street bonfire.

Santa will be on hand from 3 p.m. to 5 p.m. and 7 p.m. to 9 p.m. for photos, and McQuinn is currently negotiating for a location, as it has been determined that there isn't adequate space at the Seniors' Recreation Centre, where the seniors are hosting this year's craft sale. Deanna Easthope has agreed to take table bookings, and will contact all of last year's vendors, McQuinn said.

She also reported that the tractors have been booked for the wagon rides, which will go from 7 p.m. to 9 p.m. Sprinkles the Clown has been booked, and will do two shows as well as making balloon animals, with her location yet to be determined, and Elk Point Community Lions will accept Santas Anonymous donations at the Visitor Information EcoCentre that evening.

School councils introduce new event

Melanie Poulin told the chamber that the parent councils of Elk Point Elementary School and F. G. Miller High School are working together on a new attraction for Extravaganza evening. Based on the popular television show 'Storage Wars,' their 'Locker Wars' will raise funds for the Elementary School's outdoor education camp and skating programs, breakfast programs at both schools, along with guest performances and speakers.

Donations of items, or cash donations that will be used to purchase items, to fill ten themed lockers are

now being accepted, with the contents of the lockers to be auctioned off in the front hallway of F. G. Miller High at 8 p.m. on Extravaganza evening, and Poulin says the parent councils "hope to make this event truly successful... an event the whole community will enjoy and attend."

Other potential events for the evening were also discussed, as was the prize draw. Shoppers making a purchase at chamber member businesses will receive draw slips to be deposited in the big drum at a central location, where draws will be made at the end of the evening for an apartment-size deepfreeze with food vouchers or gift certificates from member businesses.

Also on Thursday's agenda was the issue of EcoCentre staffing, which will be even more important in the near future when the facility's meeting room becomes equipped for webinars on a variety of business topics, which are available through the Rural Alberta Business Centre in Cold Lake.

(Continued on Page 2)

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(due to the long weekend)

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CLASSIFIED SECTION AD DEADLINE Wednesday 4:00 p.m.
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Teachers and school division head back to bargaining table

By JANICE HUSER
Review Contributor

Teacher negotiations in the area are taking slightly longer than anticipated after The Greater St. Paul Alberta Teachers' Association (ATA) Local No 25 voted to reject a memorandum of agreement (MOA) with St. Paul Education Division (SPERD).

Following the distribution of a media release

from the local ATA, SPERD offered its own response to the issue, stating the board was surprised by the rejection of the MOA and the subsequent media release by the ATA.

"We know employer and employee salary negotiations can be a challenging process," said SPERD chair Heather Starosielski, in the SPERD release, adding, "St. Paul Education

has great respect for its teachers and is more than willing to return to the bargaining table."

President of Local No 25 Randy Proskiw says he didn't want to go into details regarding exactly why the teachers rejected to MOA but explained to the Journal that the agreement would have reduced some of the pay that some teachers receive and would have also affected some of the medical reimbursements teachers get. The rejected MOA could have also had an impact on teachers who are on disability, said Proskiw.

The teachers asked the ATA to "go back and fix those mistakes," said the president.

The board has until Dec. 31 to come to an agreement, or the two groups will be subject to an arbitration process.

"I have been present at the negotiating table throughout," said Glen Brodziak, superintendent of SPERD, when reached for comment. He said he looks forward to getting back to the bargaining table and views the rejection as only "a small setback."

Although Brodziak said he had no specific comment regarding the ATA press release, he said he likes to think that above all else, teachers and the board are working together for the good of the students.

(Continued on Page 7)

Vehicle hit pole, fled

By SGT. D. CASEY
Elk Point RCMP

On Saturday, Nov. 2, at approximately 3:10 p.m., Elk Point RCMP responded to a 911 call advising that a vehicle had hit a light post on hwy 41 northbound in Elk Point. The street light was removed from its mooring as a result.

Witnesses described the vehicle as a newer model black or dark Blue F-150 with a lift kit, 4 doors and possibly tinted windows. The vehicle attempted to back up after hitting the street lamp then took off on a side street before traveling north again on hwy 41.

The vehicle in question has extensive front end damage in which the air bags may have been deployed. Police are asking for anyone with information on this vehicle to contact the Elk Point RCMP at 780-724-3829.

(Continued from Front Page)

The RABC is a joint initiative of the Government of Alberta, the Rural Alberta Development Fund, Alberta HUB and local partners. Alberta Works also hopes to put up a display at the EcoCentre, according to HUB executive director Bob Bezpalko.

Poulin said a meeting of Elk Point's Economic Development Committee has potentially been called for Nov. 19, and at that time, the possibility of using ED money to help fund staffing will be discussed. McQuinn agreed that the chamber and the EDC could work together on this possible solution.

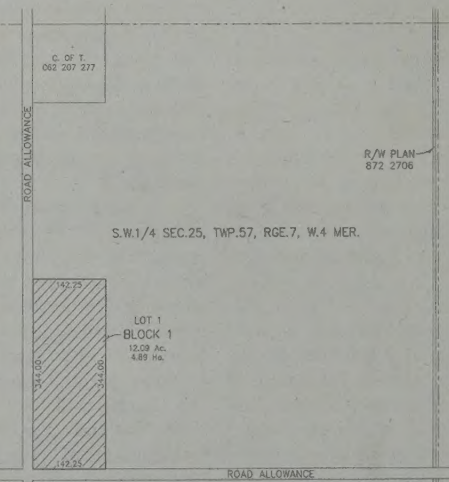
Bezpalko brought along folders containing HUB's comprehensive profiles of the town of Elk Point and the surrounding region, which he says is "the fastest growing oil and gas region in Alberta." The folder also included information on the Eastern Alberta Trade Corridor, which reaches from the Athabasca oil sands in the north to the US border.

With no further developments to date on the wind turbine situation, McQuinn gave the chamber official notice that she is now taking the matter to the Alberta Chamber of Commerce lawyers for their input.

COUNTY OF ST. PAUL NO. 19 NOTICE

Notice is hereby given that the Council of the County of St. Paul No. 19 is considering **Bylaw No. 2013-40** which is a Bylaw to rescind Bylaw No. 2013-01, as it relates to zoning of the following land:

SW 25-57-7-W4M
Proposed rezoning from Industrial Commercial to Agricultural.



A Public Hearing will be held on **Tuesday, November 19, 2013, at 10:30 a.m.** or as soon thereafter as can possibly be arranged, at the County Office in St. Paul.

Copies of the Bylaw and Plan may be inspected during normal office hours at the County Office.

For further information, contact the County Office at 780-645-3301, Ext. 205.

Krystle Fedoretz
Planning & Development Officer
County of St. Paul No. 19
5015 - 49 Avenue
St. Paul, AB T0A 3A4





St. Paul author Eileen Schuh displays her first book, 'The Traz,' which is available in both paperback and e-reader editions.

Author visits library on NLLS tour

By VICKI BROOKER
Review Staff

A small but attentive crowd welcomed St. Paul author Eileen Schuh to Elk Point Municipal Library last Tuesday, as part of her tour of 23 libraries in the Northern Lights Library System.

Schuh has published fiction for both teens and adults, and says she has many more books in various states of progress, including six more in the Backtracker Series of youth novels that are already proving popular with teens in the area. 'The Traz' and 'Fatal Error' are both available in paperback editions, with the third, 'Firewall,' now available as an e-book, with the paperback version soon to go to print. There is also a school edition of 'The Traz,' which contains questions to spark discussions, although "I didn't intend it to be a teaching novel," the author said.

"Actually, I wrote 'Fatal Error' before 'The Traz,'" Schuh noted, adding that the series "had its beginning in a bad and lonely time. I found writing to be good therapy through times of struggle." However, she said she was "not sure how the stories related to the problems I was having at the time."

The series is the ongoing story of a young runaway girl who joins a gang, and in 'Fatal Error' she discovers that one of the gang members is an undercover police officer who helps her to get out of the gang. When she finished writing the tale, she decided she wanted to discover what led the girl to take such drastic measures in the first place, and began writing 'The Traz.' The girl developing into

a talented young woman who develops a powerful computer program in the third book of the series, 'Firewall.' Schuh's heroine ages as the series progresses, and in the ninth book, "she's a grandmother."

Schuh said she is "incredibly in love with my characters, they're totally entertaining and enjoyable. It's unsettling how their stories seem to write themselves. It was like they were dictating the story to me."

Early in her writing career, "the RCMP issued a plea to get the public to help stop kids from getting into gang activities. These books are my literary response to that," Schuh said. She became a volunteer with Citizens on

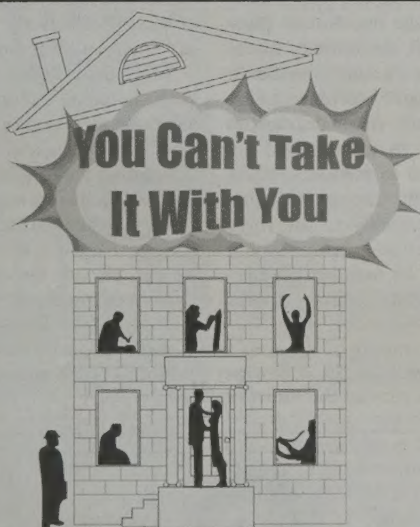
Patrol and attended some of their training sessions, which she said helped her with the story lines.

Her anti-gang message is being spread to those who may well need it. Schuh's books are now in all of Corrections Canada's northern juvenile facilities, one of which she recently visited in Yellowknife and "managed to keep a room full of young offenders listening to me for a full hour." Her books are also on the shelves of St. Paul Education's outreach schools.

"Any adolescent is at risk, simply because of their age," she commented. "They're facing feelings they never felt before."

(Continued on Page 7)

The Elk Point Community Choir Presents



by Moss Hart and George S. Kaufman

Performances on
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Performance held at the Elk Point Allied Arts Leisure Centre,
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Capsule Comments



by Your Natural Choice Apple Drugs pharmacist, Seyi Oyebo

- Sometimes making one small change in a dietary habit can make a big difference in your weight. It is estimated that drinking one can of a sugar-containing soft drink per day can put on about 14 pounds (6.75 kg) in a year. This is a good place to start. Add in a brisk walk every day. That will help also.
- Doctors put many of their heart patients on a baby A.S.A. daily. The term "baby" seems to indicate that it's a small dose and can't cause any problems. However, even at that low dose, it can cause an increased risk of gastrointestinal bleeding. Call your doctor if you notice any of the following: bright red blood in vomit; vomit that looks like coffee grounds, black stools or blood in stools.
- The limits for alcohol intake is lower for women than men for three main reasons. Women have less water in their bodies to help dilute the alcohol in the blood. Their bodies have a higher fat content thus alcohol is absorbed more slowly. Women have lower levels of an enzyme needed to metabolize alcohol.
- The most common sexually transmitted disease in Canada is HPV (Human Papillomavirus). Approximately 3 out of 4 sexually active Canadians will be infected with HPV at some time in their lives. HPV is associated with cervical cancer. There is a vaccine available for males and females aged 9 and up. It is a very effective vaccine. Look into protecting your children.
- We have all the information about the vaccines available to prevent HPV. We'd be happy to talk to you about it.



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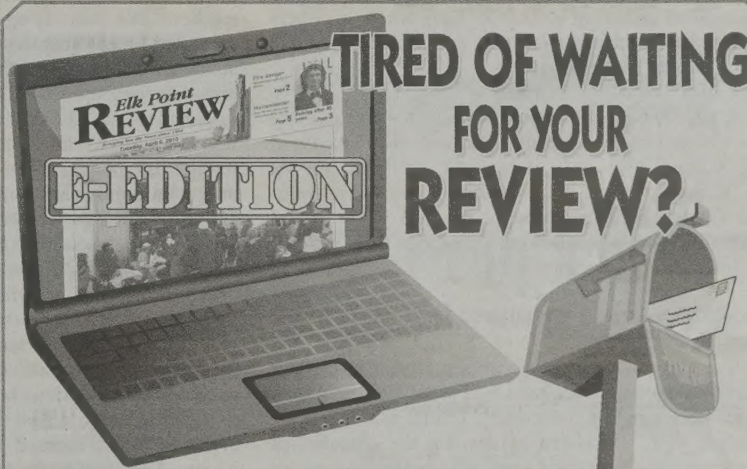
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EDITORIAL

Thanks to the torch bearers

Once again we owe a debt of gratitude to the members of the 'We Remember' committee, who continue to carry the torch of remembrance passed to them when the local Royal Canadian Legion ceased to exist.

Thanks to them, Elk Point and district gathers each year around the handsome cenotaph whose creation was spearheaded by some of those veterans we remember each Nov. 11.

Today's volunteers solicit donations for wreaths, arrange for speakers and invite us all to take part.

Thanks to the torch bearers who each year, remind us to remember.

WAY BACK WHEN...

Undecided voters, load lightened, updated bylaws

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE LAKELAND REVIEW AND ELK POINT REVIEW FOR THE WEEK OF NOV. 12 IN...

1988

A poll of 495 eligible voters showed the majority still undecided who to vote for in the upcoming federal election, with Progressive Conservative John Dahmer well ahead of Liberal Ernie Sehn, New Democrat Brian Luther, Reform Party Deborah Grey and Les Johnston of the Confederation of Regions Party of Canada for those who had decided. Programs that would offer financial aid for street upgrading and future planning were announced at the Northern Alberta Development Council's Northern Infrastructure Seminar.

1993

Shamrock Valley Enterprises was named Elk Point Chamber of Commerce Business of the Year. Elk Point Lioness Club celebrated 15 years of history with a fun-filled gathering at the Elks Hall, where members looked back at the many events and projects they had enjoyed over the years.

1998

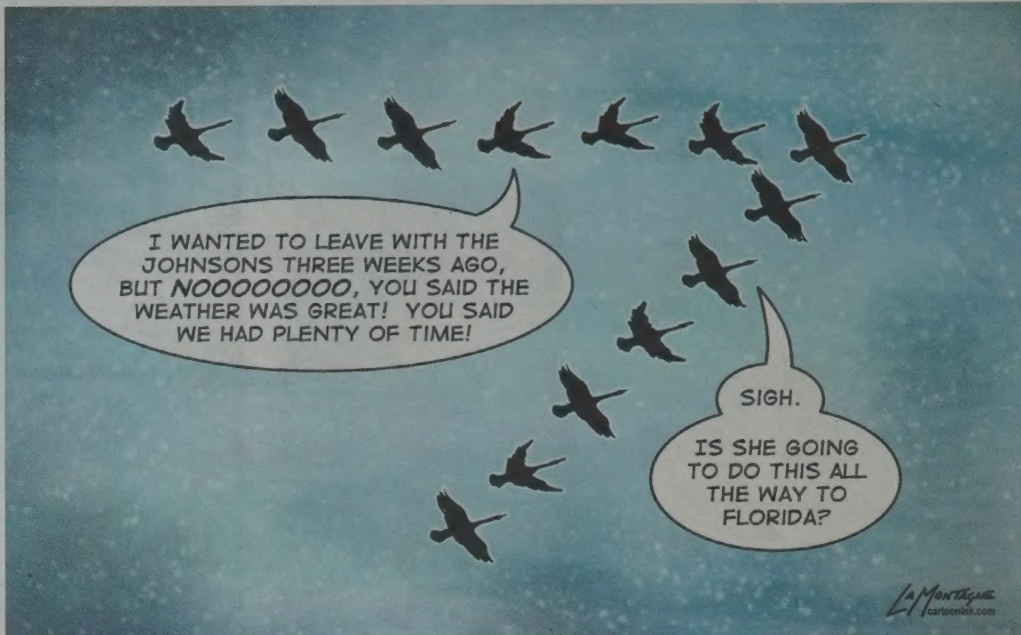
A \$75,000 cheque from the province's Agricultural Initiatives Grant program lightened the Elk Point Agricultural Society's debt load on both the A. G. Ross Arena and Fairgrounds Arena. Ten-year-old Daylan Hoffman brought home a silver medal from the Alberta/North West Territories Regional 'A' Figure Skating Championships.

2003

Elk Point Royal Canadian Legion member and onetime F. G. Miller High School principal Sid Holthe congratulated the school's students on their Remembrance Day program and said, "When I think of testimony in this community, I think of this school. I salute you." Updated bylaws for the chamber of commerce were on their way, with bylaw committee chair Rod Randall meeting with Sandy Smith and Sid Holthe to scrutinize the existing bylaws.

2008

Hundreds of candles were lit by Laura Dechaine's Grade 12 students at F. G. Miller High School in remembrance of the men and women who served in Canada's armed forces during war and peacetime, as part of the school's revamped Remembrance Day program. Elk Point Chamber of Commerce learned more about 'going green' when Andy Veil, a power system electrician who lives off the grid, visited their meeting to speak on the use of solar and wind power.



GUEST COLUMN

Our veterans

Yesterday, Monday, November 11 was Remembrance Day in Canada and Veterans Day in the United States. Not only remembering our current military involvement conflicts, we also are remembering our veterans from World War I, World War II and the Korean War. From all of us, "we thank you soldiers."

The year of 2013 marks 60 years since the Korean War ended and therefore 2013 has become the "Year of the Korean War Veteran". When we look back in history about the Korean War, some people today may remember how, when and why it took place. I was a young girl in elementary school and remember the day the announcement was made to our class by our class teacher. She was crying as she made the announcement and I remember the fear I felt and became scared about the days ahead. My understanding at the age of nine was very limited. The day of this announcement to our class was the end of June, 1950. As the radio was the place to obtain current news information, my family listening to news broadcasts became a very important family function. Yes life had changed.

Historically, we learned that at the end of the Second World War, Japan's empire was dismantled and the Soviet Union, seeking to gain influence in the region, occupied North Korea while the Americans moved into South Korea. The Soviets and the Americans eventually left, but not until a communist government had been established in the North and a democratic government in the South. Tensions between the two Koreas grew to a climax and, on June 25, 1950, the military forces of North Korea crossed the 38th Parallel into South Korea. This marked the beginning of hostilities which were to rage on for more than three years, throughout the country known to its people as the Land of the Morning Calm. The UN, created to resolve conflict between member nations primarily through dialogue and negotiation, also had the flexibility to use force in the pursuit of peace. The situation in Korea would require armed intervention, and 16 member nations, including Canada, would contribute military forces

under United States command.

Initial advances of North Korean troops reached Seoul, the capital of South Korea, but a September 1950 UN sea landing at Seoul's port of Inchon forced the North Koreans to retreat, Seoul was re-captured by UN Forces, which then crossed the 28th Parallel, moving toward the Chinese border. Chinese forces intervened with a massive offensive that drove the UN and South Korean Armies back across the 28th Parallel to southern positions along the Imjin River.

In mid-February, 1951, units from Canada, Great Britain, Australia, New Zealand and India joined to form one Commonwealth Force, as part of a north-eastern advance toward the 28th Parallel. Korea, a rugged country with hills, swamps and rice fields, also has periods of severe seasonal weather which hampered combat operations. By the end of March, Canadian troops were in the Kapyong Valley and in mid-April UN Forces were again north of the 38th Parallel. The aggressive Chinese advance forced US troops in the area to move back or risk being overrun by the enemy. Canadian and other Commonwealth troops entered the battle in the Kapyong Valley and helped the Americans retreat to safety. The Canadians were awarded a US Presidential Citation for this gallant action.

Early in July 1951, ceasefire negotiations began. However, there would be two more years of fighting until the signing of the Armistice at Panmunjom on July 27, 1953. The uneasy truce which followed left Korea a divided country, yet the first UN intervention in history effectively stopped the aggression, and the UN emerged from the crisis with enhanced prestige.

More than 26,000 Canadians served in the Korean War, including sailors from eight destroyers and airmen who took part in many combat and transport missions. The names of 516 Canadians who died in service during the conflict are inscribed in the Korean War Book of Remembrance located in the Peace Tower in Ottawa. Remembering our veterans, and this year - the 60th year for our Korean War veterans, is something we can also do on days other than November 11th. Thank you, veterans.



deanna
EASTHOPE
from the FCSS desk

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

ELK POINT REVIEW

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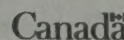
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Top fundraisers

Elk Point Elementary School has recently completed their annual Lamontagne School Fund Raiser, which was a great success due to the community's generous support. Proceeds from this fund raiser help support various school programs. The top three sellers of chocolate products were (back row) Samantha O'Reilly, who sold close to \$700, Piper Babcock, who sold over \$400, and Cody Fairbairn, who sold over \$600. We also had seven students who each sold over \$300. They are (front row) Brayden Pinette, Tretlyn Malo, Jace Stafford, Kearnyn Bourget, Ethan Castle-Wasson, Ty Smereka, and Colton McLean.

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Elk Point Health Care Auxiliary plans 'favourites' cookbook

By BERNICE CAPJACK
President

We have decided to make a favourites cookbook. This means we would like recipes from all ethnic groups in our community. The proceeds of this project will be used for purchasing equipment for our Health Care Center and Parkview.

On Monday, our group has agreed to purchase a new ECG machine for

the Healthcare Center for a price of \$14,073.80 and an APT Active Passive Trainer for Parkview valued at \$2465. These are necessary purchases. Our next project is this ethnic Cookbook. We are looking at 100 pages so we will need many recipes.

We would like this cookbook to be a community effort by having traditional recipes from all groups.

Recipes must follow this format; recipe title, your name, recipe ingredients in order of use, and recipe directions. At the bottom, please state the origin of the recipe (the country it comes from).

Preferably, recipes can be typed and e-mailed

to myrnafox788@gmail.com.

Because this may be a problem, you can deliver them to Bernice Capjack or phone 780 724-3058 to have them picked up. All recipes should be received before February 20, 2014.

We are hoping that you will help and make this project a success as there are always things needed by our Health Care Center. Cookbooks then will be sold all over and your recipes will be there for all to try and enjoy.

So let's get those recipes in as soon as you can. Much appreciation for your time and effort.

Programs double up @ the library

By LIBRARY STAFF

Today, we're trying a new experiment at Elk Point Municipal Library.

When the monthly library tea was moved back to its original Tuesday, we didn't think that this was the day that crafters come in to knit, crochet and converse. So now, they'll also have the opportunity to enjoy team coffee and goodies at the same time. Why not drop by at 2 p.m. this afternoon, Tuesday, Nov. 12 and see how it all turns out?

Author

(Continued from Page 3)

"Any young person or adult can benefit from these books. There are gangs out there, and the temptation they offer young people is powerful. If you get involved with a gang, they don't just let you walk away."

Raised on a farm near Tofield, Schuh is excited to visit there as part of her tour, and has contacted some of her school friends to invite them to attend the presentation.

"I've wanted to write ever since I learned to read, and I could read before I went to school," she said. However, she spent some years as a psychiatric nurse before studying journalism, later working for papers in Viking and St. Paul, where she has lived for the past 15 years.

It was, however, as a young mother of "three children in three years" that a very persistent muse came to her, a fantasy of answering the doorbell to find a wise old man on the step who wanted to take her along to discover another world, she said. "That muse would sit on my shoulder and keep chattering. Thirty years later, the wise old man was still there." Finally, she answered the call, and her first adult psycho-

logical thriller spanning two universes, a novella entitled 'Schrodinger's Cat' was published, shortly after she finished writing 'Fatal Error.'

"My first publishing contract was a real ego-booster. I felt justified, and it gave me the confidence to go on with 'The Traz.'

She has since written a second adult novel, 'Dispassionate Lies.'

THANK YOU COLE, Len

May these words express the deep gratitude and appreciation of all who attended my husband Len Cole's "Celebration of Life" service. Also, to those who brought abundant food to our home as well as to the lunch; all the beautiful cards and phone calls; the blessings and especially the hugs. Special thanks to all my friends who worked so hard at the lunch; the men who ushered at the church; the choir and pianist. For Len's sensitive care by Dr. Oyeboode; long-term and hospital staff. You were a comfort to me as well. The outpouring of support and honor to Len who had enjoyed 21 years in this special community. Words seem inadequate when we want to express our very special thank you for your friendships and caring. God bless each of you.

Diane Cole; my son Duane (Trina); my daughter Joanne (Dylan) and their families; Len's brother and two sisters.

THANK YOU

THANK YOU TO

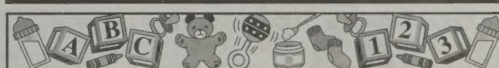
DON CONRAD OF ELK POINT REALTY

For the Retirement Party that was held for me last Friday. A special thanks also to Don, Ron, Sharon and Desiree for their friendship and support.

Thanks to my friends and clients for their good wishes and confidence they have shown in me during my Real Estate Career.

Larry Demchuk

BIRTH ANNOUNCEMENT



ELATED GRANDPARENTS:
SCOTT AND KELLY BANNISTER
wish to announce the arrival of their first
precious grandchild



OWEN SCOTT BANNISTER

Born Oct. 20, 2013,
Weight: 7 lbs. 14 ozs.
Length 20"

Parents: Stephan & Terri
Great Grandmother:
Brenda Smith
Auntie Katelynn Bannister

UPCOMING AUCTIONS

• Bred Cow Sales Starting at 11:00 am November 14, 28 and December 12.

• Bred Cow and Heifer Sale Thursday November 12th starting at 11:00 am. On offer a dispersal of 75 Angus cows bred to Black Angus bulls due to start calving end of March, 70 Angus cross hfrs weighing 1050 to 1200lbs exposed to Black Angus bulls from July 1 to Sept 5. There will be a good selection of bred stock at this sale. Slaughter cows and bulls also accepted. Cows must be delivered Wednesday before 2 pm to allow for preg testing.

• Regular Horse Sale Thursday November 21 at 6 pm - Consigned to this sale a dispersal of Appaloosas - 17 broodmares, 13 weanlings, 5 stallions, 2 geldings and 1 yearling

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130. Coming Events

25TH LLOYDMINSTER CHRISTMAS CRAFT FAIR INC. & GUN SHOW

Lloydminster Exhibition Grounds Stockade Convention Centre. Saskatchewan Building Meeting Room & Wild Rose Pavilion \$5.00 Admission
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Sat., Nov. 16, 10-6
Sun., Nov. 17, 10-4
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190. Announcements

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410. Education/Training



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Canada

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1500. Help Wanted — Alta.

23RD ANNUAL Red Deer Christmas Antique Show & Sale. Nov. 16 & 17, Sat. 10 - 6 & Sun. 10 - 5. Westerner Exposition Grounds. Over 450 sales tables. Canadiana furniture and collectible. Carswell's 403-343-1614.

500. Tenders

TENDER FOR CATERING

Now accepting tenders for catering for the Elk Point Community Choir's March 2014 Dinner Theatre Production "You Can't Take It With You".
DEADLINE FOR SUBMISSIONS NOVEMBER 30TH, 2013.
 Contact Barb at 780-227-1420 or at elkpointchoir@hotmail.ca for the details needed for quote submission

1500. Help Wanted — Alta.

ALL ROUND EMPLOYEE required for cooking, cleaning and serving customers in small town friendly hotel. Includes room and meals. Phone Marg 403-857-9134, Youngstown.

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ATTENTION SEMI Operators! Are you looking to downsize? Haul RVs from USA to western Canada! 5 - 6 day round trip. Looking for 1 ton O/O. 1-800-867-6233; www.roadexservices.com.

CLEARWATER OILFIELD Services, Rocky Mountain House, Alberta requires Class 1, 3 Vacuum Truck Drivers, Swampers. Local work. No day rating. Full benefits after six months. Fax 403-844-9324.

ENVIROEX OILFIELD Rentals & Sales Ltd. is looking for two Class 1 drivers to join our team. We're looking for an experience picker operator as well as a tractor driver. Oilfield experience is required as well as valid safety tickets and a clean driver's abstract. We offer a great benefit package as well as a small company atmosphere. Please fax your resume to 403-501-0387 or email it to: enviroex@telus.net.

410. Education/Training

PRIME MOVER/MULCHER Operators. Ace Vegetation is hiring Mulcher, Hydro-Ax and Posi-Track operators. Class 1 license an asset. For details 780-955-8980. Send resume to Ace at 2001 - 8 St. Nisku, AB T9E 7Z1; fax: 780-955-9426 or email: ace@mail@acevegetation.com.

THE INNISFAIR PROVINCE has an immediate opening for an experienced weekly newspaper reporter. Details at www.jeffgaullin.com or email resume to Ismaildon@olds.greatwest.ca

1500. Help Wanted — Alta.

INTERESTED IN the Community Newspaper business? Alberta's weekly newspapers are looking for people like you. Post your resume online. FREE. Visit: www.awna.com/resumes_add.php.

500. Tenders

1500. Help Wanted — Alta.

DIRECTOR OF Corporate Services. The Town of Nanton is seeking a Director of Corporate Services. Reporting to the CAO, the Director of Corporate Services is a key member of the Town of Nanton's Executive Team, providing strategic leadership to the Corporation and working in the establishment of strategic direction and coordinated planning of departmental priorities and programs which align with corporate goals and objectives. The Director of Corporate Services oversees the financial operations of the Town and is responsible for all corporate services operations and leadership. For more information and to apply, please refer to www.nanton.ca.

HIGHWAY MAINTENANCE Class 1 or 3 Operators. Full-time and part-time positions available. Openings in several Alberta areas. Fax resume to Carillion Canada 780-449-0574 or email: mcroft@carillionalberta.ca. Positions to start Oct. 15, 2103. Please state what position and location you are interested in.

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LOCALLY-OWNED, well-established vacuum truck company looking for Class 1, 3, Vacuum and Gravel Truck Operators. Oilfield tickets an asset but not necessary. Incentive package available. Blue Cross after three months. Must be willing to relocate or work three weeks on and one week off. Fax resume and driver's abstract to 403-845-3903.

PRIME MOVER/MULCHER Operators. Ace Vegetation is hiring Mulcher, Hydro-Ax and Posi-Track operators. Class 1 license an asset. For details 780-955-8980. Send resume to Ace at 2001 - 8 St. Nisku, AB T9E 7Z1; fax: 780-955-9426 or email: ace@mail@acevegetation.com.

THE INNISFAIR PROVINCE has an immediate opening for an experienced weekly newspaper reporter. Details at www.jeffgaullin.com or email resume to Ismaildon@olds.greatwest.ca

1005. Help Wanted



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With shops in St. Paul, Elk Point & Vermilion is currently hiring for the following positions:

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- SWAMPERS

If interested please fax your resume to 780-724-4199 or email: bskwik@gmail.com or ggkwik@gmail.com

1500. Help Wanted — Alta.

SALES POSITION ACE is looking for individuals interested in selling and managing vegetation control projects for our clients across western Canada. Strong interpersonal skills, sense of humor, ability to communicate. Service is key to this position. Email your resume to ace@mail@acevegetation.com, or fax to 780-955-9426.

2300. Misc. Services

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3010. Auctions

ONSITE & WEBCAST (2) DAY AUCTION
SUREFIRE INDUSTRIES
Wednesday & Thursday November 20th & 21st 10AM Daily
Major Oil & Gas Manufacturer & Supplier of Frac Equipment/Cementers /Coiled Tubing /Pumpers & Parts -WIP- Raw Materials

- \$5,000,000 New Parts Inventory
- (60) Miller Late Model Welders
- (2) Hyd-Mech Band Saws (2011)
- CNC Plasma System (2010)
- (6) Peerless Remote/Frac Trailers
- New Cummins HD Diesel Engines
- Injector Build Dept and Parts
- (2) Surefire Coil Tubing Units
- Complete Steel Fab Shop
- (6) Toyota/Hyster Forklifts
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3210. Misc. For Sale

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1005. Help Wanted

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5003. Real Estate Misc.

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Major Oil & Gas Manufacturer & Supplier of Frac Equipment/Cementers /Coiled Tubing /Pumpers & Parts -WIP- Raw Materials

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- New Cummins HD Diesel Engines
- Injector Build Dept and Parts
- (2) Surefire Coil Tubing Units
- Complete Steel Fab Shop
- (6) Toyota/Hyster Forklifts
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1005. Help Wanted

7245. Misc. Services



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Elk Point F.C.S.S. is looking for a highly motivated, team oriented leader with a comfort for public relations, community networking and ability to demonstrate management skills. The FCSS Director is responsible for the day to day operation by assisting individuals, families and the community of Elk Point to gain access to needed support services, identify community needs and to deliver programs to meet locally driven preventative social initiatives in accordance with the Family and Community Support Services Act and Regulations. Accountability for this program is locally driven by the Elk Point F.C.S.S. Board under the Town of Elk Point.

The Elk Point F.C.S.S. Director needs to have a degree or diploma in Social Services or a related field. Understanding of the computer is a plus with proficiency in Microsoft Office and Accounting software.

The Town of Elk Point offers an excellent benefits package including the Local Authorities Pension Plan. Hours of daily work and salary range are negotiable within the annual F.C.S.S. budget.

Please submit your application to: Town of Elk Point F.C.S.S., 5001 Railway Avenue, P.O. Box 840, Elk Point, AB., T0A 1A0. Attn: FCSS Board Chairperson.

This competition will remain open until a suitable candidate is recruited. As a condition of employment, a Criminal Record Check must be provided.



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Teachers

(Continued from Page 2)

The superintendent said the division has great teachers, and the teachers are the ones who "do the real work."

The MOA would have formed the basis of a new four-year collective agreement with SPERD, said the ATA release.

"What I heard loud and clear at the vote was that St. Paul teachers want respect and they want parity," said Proskiw in the media release. The MOA was reached on Oct. 4, but with the vote to reject it, the ATA and

SPERD will head back to the table for further negotiations.

"We don't see this as a setback. We know we have the solid support of our teachers heading back into negotiations," said Proskiw in the release.

According to the SPERD press release, in March of 2013, the ATA and the province negotiated a four-year provincial agreement that covered most teacher salaries, along with some benefit and workload issues. But, the provincial framework made provisions for local bargaining to deal with local issues and concerns.

"The March, 2013 deal placed a 'cap' on the maximum amount of spending in the local negotiations with St. Paul Education being afforded approximately \$100,000 to further negotiate. The recently rejected Memorandum of Agreement (MOA) fully spent the identified amount," said the SPERD release.

Starosielski said SPERD felt the need to respond to the ATA's media release on the rejection of the MOA.

"We believe in negotiating in person rather than through the media," she said, in the release, adding, "At

any time, St. Paul Education would be more than willing to agree to allow members of the public to observe any further negotiations directly and judge for themselves."

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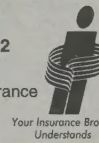
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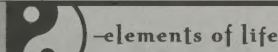
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8:15 - Business Presentation

November 28, 2013

Super 8 - St. Paul, AB - Banquet Hall
5008 - 43rd Street, Hwy. 28 behind McDonalds
7:30 - Coffee Tasting and Information Session
8:15 - Business Presentation

Please RSVP to Sheri Hebert to be entered to win a \$50 gift basket (prize will be drawn at 8:45 - winner must be in attendance.)
Call or text 780-210-4994 / Email: sherrhebert22@hotmail.com

Fenske and Saskiw comment on cheque presentation policy

By JANICE HUSER
Review Contributor

Although she may not be the elected official for the area, Fort Saskatchewan-Vegreville Progressive Conservative MLA Jackie Fenske has become a little more familiar with the St. Paul area, stopping by recently to make a few government cheque presentations to local groups.

Fenske is one of the newer PC MLAs, having been elected during the last provincial election in 2012, which was also when Lac La Biche-St. Paul-Two Hills Wildrose MLA Shayne Saskiw was voted into office, beating former PC MLA Ray Danyluk.

Most government cheque presentations, such as grant money for local organizations, were previously done by Danyluk, or when possible, the minister of the department where the money was coming from.

When asked why the local opposition MLA hasn't been doing the presentations in the area, Fenske

says the government's policy is the same as it has always been, which is for the minister to do cheque presentations when possible, and if he or she is not available, that minister will choose a representative to do the presentation.

"I think that that's been the policy for ever and ever," says Fenske, when speaking to the Journal on the issue. She adds that the St. Paul area has been rather lucky with different ministers visiting the constituency in recent months.

Examples of recent presentations, she says, was in Two Hills when Minister of Culture Heather Klimchuk made a presentation for the new community building, or when Minister of Infrastructure Wayne Drysdale went to Elk Point for the re-opening of the F.G. Miller gymnasium.

When asked about the costs associated with Fenske travelling to the area to do the cheque presentations, she says there are not any more costs associated with her

travelling than if a minister were to do the presentation, and often costs are less since she is from a nearby constituency.

Saskiw says that having outside MLAs coming into the constituency for cheque presentations, rather than the locally elected MLA, shows "arrogance and a sense of entitlement" on the part of the PC government.

He says some constituents he has talked to about the issue find that having outside MLAs doing the presentations "isn't proper" and shows a lack of respect for the locally elected MLA.

"The PCs have been in power for so long, they now believe that taxpayer money belongs to them," says Saskiw.

He says that as the local MLA, his office often works with local organizations to properly fill out the needed paperwork for grant applications and some of these groups are voicing concern that the local MLA isn't being properly acknowledged.

How are you doing, mentally speaking?

The five elements of 'flourishing'

By FLORENCE SENEAL
Alberta Health Services

What do you say when someone asks "How are you doing?"

Do you respond with "I'm doing great?" Or, perhaps, "I haven't felt this bad in a long time."

There can be a huge gap between "doing great" and "haven't felt this bad in a long time."

Most of us fall somewhere in between, but the closer we are to "doing great" the better our mental health is. When we're mentally healthy, we are flourishing - we have meaning and purpose in life. Flourishing is described as truly living rather than merely existing, and it applies to people with mental illnesses as well. People with mental illnesses can, and do, flourish.

On the other end, "feeling bad" might mean we're languishing. It's described as running on empty, feeling hollow or stuck in a situation. If we're languishing we may not have a diagnosed mental illness but we don't really feel mentally healthy. Some argue that the result of languish-

ing is as serious as the presence of (untreated) depression.

But flourishing doesn't mean that we won't experience any difficult or challenging emotions. It means that, overall, our positive emotions will outweigh the negative and we'll mostly feel good about ourselves and our lives.

Psychologist Dr. Martin Seligman, from the University of Pennsylvania, has identified five elements that exist when someone is flourishing. He says "we are not born with them, or come by them through fame or fortune. But they are within our reach and control". He lists them as:

■ **Positive emotions.** It's not that we should never feel sadness, hurt, or disappointment. Instead, it's noticing the positive emotions that we feel about good things around

us - in nature, others, and in ourselves. It's paying attention to what makes us feel alive and what brings out the best in us.

■ **Engagement.** This is when we're so absorbed in something that time stands still. We feel energized, focused, and fully involved in what we're doing.

■ **Good relationships.** We are all social beings. If we think about it, the times we're happy almost always involve other people. We need the company of others to feel and be at our best.

■ **Meaning.** This is about serving a greater purpose - something bigger than our own needs and happiness. Meaning in life is ongoing, and keeps us from getting bogged down in day-to-day hassles.

■ **Accomplishment.** This is about setting goals and working hard to accomplish them. Accomplishments remind us that we can take steps to get more of what we want out of life.

If we have more of the above elements in our daily life, the better our chance of flourishing and feeling like we're truly living rather than merely existing. As Seligman says, these elements... are within our reach and control.

So, mentally speaking, how are you doing?

For more information on the five elements of flourishing visit: <http://www.yukonwellness.ca/flourishing.php>

For further reading: "Positivity" by Barbara L. Fredrickson.

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Thursday, November 14	9:00 AM - 3:00 PM	Elk Point Community Health Services
Friday, November 22	9:00 AM - 12:00 PM	5310, 50 Avenue
Friday, November 29		Elk Point
Tuesday, December 3*	9:00 AM - 3:00 PM	
Wednesday, December 11*	9:00 AM - 12:00 PM	
Wednesday, December 18*		

*Appt required for Dec. 3, 11 & 18.
Call 780-724-3532 to book.

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For more info, including local clinic details, visit www.albertahealthservices.ca or call Health Link Alberta at 1.866.408.5465 (LINK).

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